



ROCKIN' EASTSIDE 5K RUN/WALK

Sunday, July 19, 2009

8:30 A.M. – 5K Run/Walk

9:30 A.M. – Youth 1K Fun Run

LOCATION: Phalen Lakeside Pavilion

(West side of Lake Phalen across from Phalen Golf Course parking lot).

COURSE: 5K Run/Walk is one lap around Lake Phalen (3.1 miles).

AWARDS: All 5K registrants will receive an attractive t-shirt. Trophies will be awarded to the top two men & women in each age group & to the overall men's & women's winners. All 1K (Ages 14 & under) registrants will receive an attractive t-shirt & a participation medal. Door prize drawings will be held after the race.

FEES: 5K Run/Walk: \$20 postmarked by 7/13/09. \$25 day of race.
Youth 1K Fun Run: \$15 postmarked by 7/13/09. \$20 day of race.

Race registration, plus race packet, number & t-shirt pickup will be at Phalen Recreation Center on Fri., July 17 from 9:00 a.m. - 8:00 p.m.

Race day registration at Phalen Lakeside Pavilion:

5K: 7:30 a.m. - 8:15 a.m.

1K: 7:45 a.m. - 9:15 a.m.

For more information please call Phalen Recreation Center @ 651-793-6600.

-----**ENTRY FORM - PLEASE PRINT CLEARLY**-----

Name: _____ Age (on 7/19/09): _____ Sex: M _____ F _____

Mailing Address: _____ Phone: _____

City, State, Zip: _____

Email Address: _____

Birthdate (Month/day/year): _____

5K _____	1K Fun Run _____
Ages 14 & under	
Shirt Size: _____	

Men: ___14 & under ___15-19 ___20-24 ___25-29 ___30-34 ___35-39 ___40-44 ___45-49 ___50-54 ___55-59 ___60-64 ___65-69 ___70+
Women: ___14 & under ___15-19 ___20-24 ___25-29 ___30-34 ___35-39 ___40-44 ___45-49 ___50-54 ___55-59 ___60-64 ___65-69 ___70+

Knowingly and at my own risk, I hereby apply to enter the Rockin' Eastside 5K Run/Walk and do hereby waive and release any and all claims for damages, including negligence claims, that I may incur as a result of my participation in the event against City of Saint Paul, St. Paul Parks & Recreation Department, Ramsey County, all sponsors, or any employee, volunteer, official or elected official of these organizations for said injuries. I understand that the entry fees for the Rockin' Eastside 5K Run/Walk are non-refundable for any reason and that race numbers are non-transferable. I further hereby certify that I have full knowledge of the risks involved in the event and I am physically fit and sufficiently trained to participate. If however, as a result of my participation in the Rockin' Eastside 5K Run/Walk, I require medical attention, I hereby give my consent to authorized medical personnel of the Rockin' Eastside 5K Run/Walk to provide such medical care as is deemed necessary by such authorized personnel. I further understand that due to the time of year that this event is held there is a possibility of extreme heat and lightning during the running of the Rockin' Eastside Run/Walk and I do assume all weather related risks with my participation in this event. I also hereby grant full permission to the City of Saint Paul Parks & Recreation Department and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose at any time without compensation.

Signature: _____
(Parent/Guardian if participant is under 18)

Please make checks payable to *City of Saint Paul*.

Mail to: City of St. Paul – Phalen Recreation Center
 Division of Parks & Recreation
 1000 E. Wheelock Pkwy
 St. Paul, MN 55106